



## Andover Central Cross Country

- Summer Running: Monday - Thursday  
7 AM @ ACHS parking lot between  
ACHS and ACMS
- Saturdays @ TBD

Start Date: June 10th

Contact:

Email- [thayert@usd385.org](mailto:thayert@usd385.org)

Remind Class code- @2023acx



# Andover Central HS Cross Country

## **All About Cross Country:**

Cross country is an individual sport that is run as a team! Varsity races have up to 7 runners per team while JV races are unlimited. This means that all runners in good standing get to compete each week! Each race is a 5k (5,000 meters/ 3.1 miles.) We run mostly on golf courses with a few meets run at parks or grasslands. The goal is to compete well as an individual to help the team win.

## **Benefits of Running Cross Country:**

Cross country teaches you great life skills such as: time management, leadership skills, teamwork skills, and mental/ physical toughness. Cross Country is also great for staying in shape for other sports such as wrestling, basketball, soccer, track and field, etc. We also have a family first atmosphere. We meet weekly during the season for family dinners at teammates homes as well as celebrate big milestones with each other!

## **Items Needed For Practice In The Fall:**

- A completed physical on file at school
- A completed concussion awareness form on file at school
- A comfortable pair of running shoes
- Personal water bottle for practices

## **Summer Running Program:**

We highly encourage our summer running program to all cross country runners. We meet Monday-Thursday at 7:00 AM in the parking lot between the high school and the middle school. It's a great time to meet your new teammates, and to get in shape for our upcoming season.

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